

Clinical evaluation of honey throat spray for auxiliary treatment of pharyngitis

Abstract

Objective: The aim of this study was to investigate the effect of throat spray of honey in auxiliary treatment of patients aged 14-83 years with diagnosis of pharyngitis referred to clinic of Dr.Hamidiran of Germe in 2019.

Methods: First, 35 bottles of honey throat spray (50%w/v) and 35 bottles of dextrose throat spray (5%) were prepared. This study was a randomized clinical trial in which 70 patients aged 14-83 years with the diagnosis of pharyngitis were included in the study considering inclusion and exclusion criteria. In treatment group 35 patients received cefixim 400 tablet, expectorant syrup and honey throat spray for 10 days. In placebo group 35 patients received cefixim 400, expectorant syrup and dextrose throat spray for 10 days. The symptoms and signs of the disease at baseline and then 24 hours, 48 hours, 5 days and 10 days after starting treatment were compared between the two groups.

Results: As per results of food and drug laboratory of Ardabil University of Medical Sciences, our honey sample met standard criteria for natural honey. The treatment and placebo groups were similar in respect of age mean (34.88 ± 16.87 vs 42 ± 16.86 , respectively, and $p=0.082$) and gender distribution (23 male vs 18 male, respectively, and $p=0.332$). There was no significant difference between the two groups in terms of clinical symptoms and signs at the time of login to study. Pharyngitis recovery was better in treatment group than in the placebo group; this positive effect was statistically significant for symptoms of morning phlegm ($p=0$), throat pain ($p=0$) and painful swallowing ($p=0$), 24 hours after starting treatment. In treatment group, 48 hours after starting treatment symptoms of fever and painful swallowing were resolved and throat pain of 85.71% of patients in treatment group and 17.14% of patients in placebo group were improved.

Conclusion: The finding of this study showed that in patients aged 14-83 years with diagnosis of pharyngitis, the use of honey throat spray as auxiliary treatment to pharyngitis in treatment group could improve clinical symptoms and signs and decrease duration of recovery as compared to placebo group. However, given the limited studies in this area, further research is needed to provide appropriate recommendation for honey throat spray in treatment of pharyngitis in other populations.

Key words: Pharyngitis, Honey, Throat spray